

★ ★ ★ ★ ★
**ONE STOP
 SHOPPING**
 ★ ★ ★ ★ ★
AT Mae's
 ★ ★ ★ ★ ★
 Groceries, Confectionary,
 Books, Records, Sundries,
 Stationary, Gifts, Snacks
 ★ ★ ★ ★ ★
OPEN 7 DAYS A WEEK!
 ★ ★ ★ ★ ★
Mae's Country Mart
 ★ ★ ★ ★ ★
MINDEN
 ★ ★ ★ ★ ★

The HIGHLANDS Express

20¢

Circulation: 4300 copies weekly

★ ★ ★ ★ ★
THIS WEEK'S SPECIAL:
 ★ ★ ★ ★ ★
 LADIES S.M.L.
 ★ ★ ★ ★ ★
**BIKINI
 PANTIES**
 ★ ★ ★ ★ ★
 "Substandards"
 ★ ★ ★ ★ ★
Now 49c pair
 ★ ★ ★ ★ ★
STEOMANS
 ★ ★ ★ ★ ★
 MAIN ST., MINDEN
 ★ ★ ★ ★ ★

Vol. 4, Number 15

R.R. 2, MINDEN, ONTARIO K0M 2K0

Telephone: (705) 489-2036

Wednesday, April 9, 1980

Charge man with obstruction, altercation at OPP Station

MINDEN — OPP investigated five reportable traffic accidents last week resulting in more than \$10,000 in damages to vehicles, one driver sustained minor injuries and three others were charged.

On April 4th at 5:30 p.m. in Wagon Wheel Motel parking lot south of Minden, a man was charged by Minden OPP with obstruction police and also charged him with a dispute that took place later, at the OPP detachment.

Nancy Trimm 36, of Toronto was southbound on Highway 35, and while turning her vehicle, missed the driveway and struck a parked car in the lot. Mrs. Trimm was charged with impaired driving and Cyril J. Trimm was charged with obstructing police as a result of stating he had been the driver when it had been his wife and a further minor dispute at the detachment. Police have set damages to the parked vehicle at \$1,200 and the Trimm vehicle at \$100. Invest. by P/C Al Barnes.

On Friday morning at about 9:15 a.m. Tony J. Scheffee 16, of Haliburton suffered minimal injuries when his 1972 car, which was northbound on highway 519, entered the west ditch and struck a rock and rolled over. Police report \$1,000 damage to the car but no charges were laid. Invest. by P/C Gary Chapman.

More than \$4,000 in damage was set in a two car collision on April 5th at 4:20 a.m. on Highway 121 east of Haliburton. James F. Carroll 25, of Thunder Bay was westbound in a 1977 pick-up truck, collided with a mailbox on the south shoulder, struck a parked 1972 stationwagon, hit a second mailbox, crossed a driveway and came to rest on a lawn.

Police have charged Carroll with careless driving as a result of the accident. Damage has been set at \$2,000 to each vehicle and another \$100 to the mailboxes. invest by P/C Mike Legge.

In a motor vehicle collision at the Minden Texaco service station on Mar. 31 a 1979 Minden OPP police cruiser collided with a parked 1978 car.

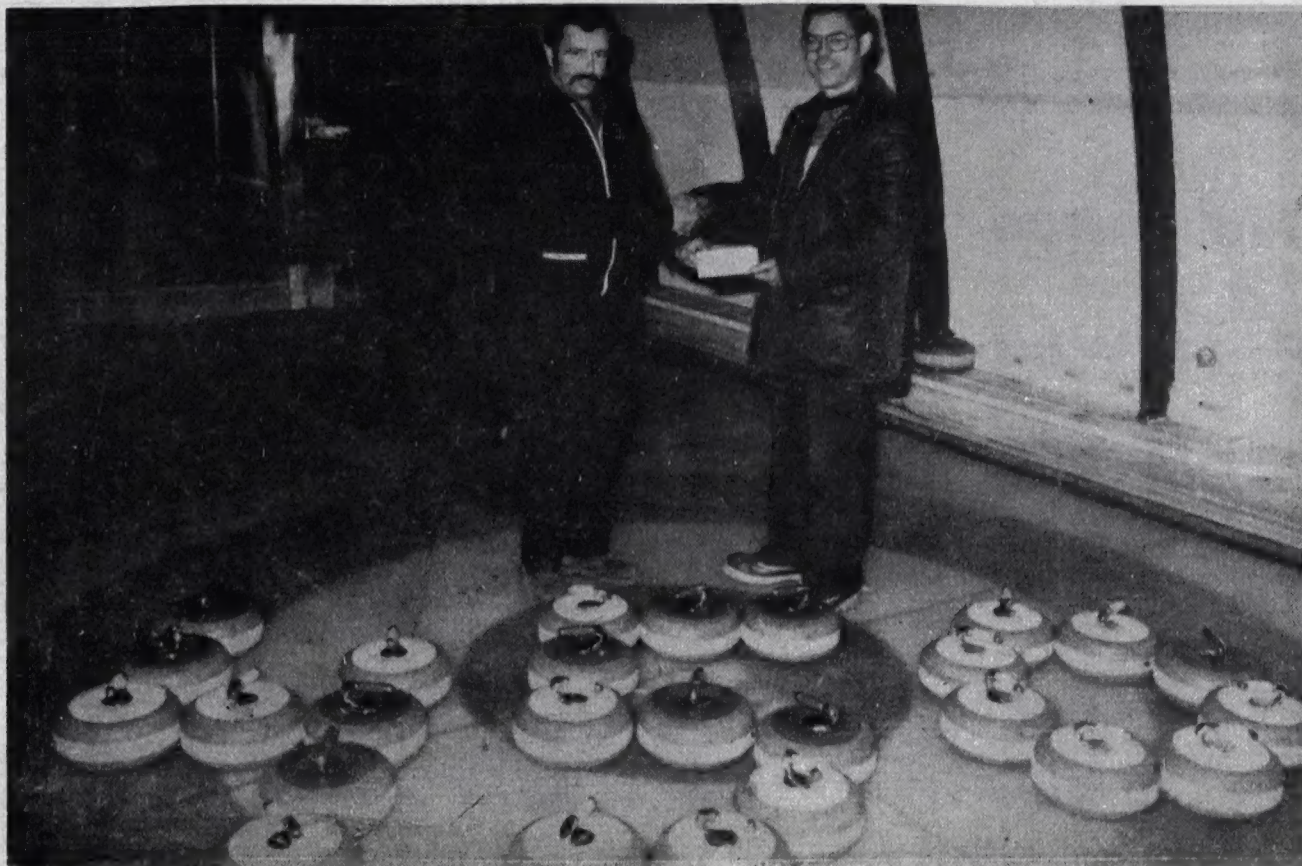
Reginald Eveligh 30, of the Minden OPP was about to leave the service lot when his foot slipped onto the accelerator and the cruiser struck the parked car. Damage has been set at \$2,000 to the parked car and \$270 to the cruiser. invest by Ron Foran.

On March 29 a single vehicle collision occurred on County Road 2 approximately 2 a.m. Sandra Willis 35, of Minden, was northbound in a 1977 car, entered the east ditch hitting a rock. The car was damaged for \$1,700 according to the report by OPP investigating officer, Brian Dunham.

Area businessmen and women invited to Carnarvon Board of Trade meeting on April 15th

The second mass meeting of the Metropolitan Carnarvon Board of Trade and Wine tasting society will be held on Tuesday, April 15 at 7:30 p.m. at the Foggy Bottom, a favourite meetery near the heart of beautiful midtown Carnarvon.

All business people whose business is based in Metropolitan Carnarvon are invited to ponder a fascinating agenda which includes among other things wine tasting (naturally), publication of the Metro Carnarvon Cliffhanger (not quite a metropolitan daily), refreshments, the positive power of the magic in the number 3, the benefits of membership in the society and appropriate fees, refreshments, adoption



50-50 Draw winner presented with \$450 cheque

Minden — On March 31st the Minden Curling Club held their first 50-50 draw for \$450.00. The lucky winner of this first of 12 draws was Mr. Robert Mann

of RR2 Minden. Jim Gerhutt, lei president of the Minden Curling Club presents Mr. Mann with his unexpected winfall.

Alternate energy conference

The Ontario Public Intrest Research Group is presenting an alternate energy teach-in Saturday, April 12 at Trent University. The event which will feature workshops on several aspects of renewable energy, is free and open to the public. "We are offering people in this area an opportunity to meet with the experts and discuss the potential of alternatives" said Paul McKay, Co-ordinator of the Teach-in.

One of the experts will be Madoc resident Ian Connery, an energy consultant who recently completed a research paper on alcohol entitled Fuel Alcohol: An Alternative for Ontario. The paper was commissioned by the provincial Liberals and calls for the construction of at least 9 plants to produce alcohol from forest and municipal wastes.

"OPIRG has organized this teach-in because the question of alternatives have never really been put before the public" said McKay, "people, all of whom are experts in their feilds have been brought together on a single stage before. We hope that by bringing them together with the public present, we can see what the potential of the various alternatives adds up to."

of a coat of arms, and draughty breaks.

In addition, consideration will be given to the wisdom of further pursuing the annexation of Minden and Haliburton (or Haliburton and Minden if you live nearer the Harburn Wells) and the pros and cons of selected candidates for the centrefold in the first edition of the Cliffhanger.

More information can be extracted without effort from the very temporary Mayor of Carnarvon, Miss LOTTA GUTTZ. Just phone 489-2792. Anyone planning to attend this important meeting is reminded of the magic in the number 3. A cover charge of \$3.33 per person this is required to look after the food and beverages.

The each-in will also present an opportunity for the public to meet and hear Norman Rubin of Energy Probe, author of "What keeps us from freezing in the dark?" an analysis of Canadian energy use; Larry Solomon, author of "Conserve Solution" and the soon to be published "Energy Shock"; Physics Professor John Earnshaw of Trent University and Frank Near Director of Hydro Electric Development for Ontario Hydro.

The political aspect of energy has not been left out: George Ashe, a Tory MPP and Parliamentary Assistant to the Minister of Energy, Sean Conway, Liberal MPP Renfrew North, Evelyn Gigantes, MPP Carlton East and NDP energy critic Toronto Alderman Richard Gilbert will talk.

"The teach-in important, in the context of the recent announcement by Premier William Davis that the Ontario Government is committed to full scale development of nuclear power, when it may turn out that we don't need it or even coal fired generators

to fill our energy needs, said McKay.

The teachin kicks off at 10:30 Saturday morning and runs until 5 p.m. in the afternoon. "The workshop format will give the public ample opportunity to meet and talk with the experts. We are also excited by the debate between the three MPP's which will include questions from the floor." said McKay.

Machine gun is stolen from Cenotaph in Dysart et al

Haliburton — Sometime between March 29 and 31, a person or persons unknown removed an inoperative machine gun from the Haliburton Cenotaph. Police have a vague description of the weapon, however if there is any person with an accurate knowledge of the gun, would they please contact investigating officer Bill Clendenning. The owner of the machine gun is a Haliburton resident.

New Court Procedures Went Into Effect On March 31

New court procedures to provide speed and convenience in dealing with minor offences will take effect on March 31, Attorney General R. Roy McMurtry announced today.

On that date, the Provincial Offences Act and the Provincial Courts Amendment Act will come into force, reforming the process of dealing with more than two million cases a year.

"These reforms are part of our continuing effort to make

the court system more efficient and accessible to the public it serves," Mr. McMurtry said.

Besides being more convenient, accessible and informal, the new system will save taxpayers millions of dollars each year in operating the courts, police departments and other law enforcement agencies, Mr. McMurtry added.

The new simplified procedure applies to all offences under Ontario laws and regu-

lations. Municipal parking offences will eventually be included in the system as well, Mr. McMurtry said.

The most numerous offences are under the Highway Traffic Act. These total 1,568,851 in 1978-79 and included speeding, failure to wear seat belts, improper turns and violations involving vehicle safety.

Other examples of minor offences are violations of provincial statutes such as The Game and Fish Act, The Motorized Snow Vehicles Act, The Liquor Control Act and The Liquor Licence Act.

In addition, the new procedure applies to offences under municipal bylaws such as animal control bylaws, housing standards bylaws, business licensing bylaws and commercial vehicle licensing bylaws.

However, because it cannot be effectively applied to parking offences under municipal bylaws until a new system of motor vehicle registration is implemented, the present procedure will continue to be used for these offences.

Mr. McMurtry stressed that the new system will not apply to offences under federal statutes and regulations, such as the Criminal Code and the Income Tax Act.

"When the new system takes effect, persons charged may

receive an "offence notice" which sets out the procedures and must, within 15 days, exercise one of the following options:

1. If the person does not wish to dispute the charge, he should sign the plea of "Guilty" on the offence notice and have it delivered to the court office together with the amount of the fine shown on the notice. This is the same procedure as under the previous system.

2. The person may sign the "Not Guilty" plea on the offence notice and have it delivered to the court office. The court will set a time and date for the trial and inform the person and the prosecutor of the date. If the person does not appear at the trial, he may be convicted in his absence and a fine may be imposed.

3. If the person does not wish to dispute that he committed the offence, but wishes to explain the circumstances surrounding the incident, he may appear at a convenient time before a justice, usually a Justice of the Peace, at the place named on the offence notice. He may go to the place within the times specified on the offence notice without an appointment, and may then explain to the justice why he thinks the fine should be reduced or time for payment extended. He may send someone to act as his agent in this regard. The law enforcement official who issued the offence notice is not required to appear in court when this option is exercised by the defendant.

If one of the three options has not been exercised within 15 days, the court will assume that the defendant does not wish to dispute the charge. The justice may then impose the fine shown on the offence notice and enter a conviction. The court clerk will send the defendant a notice of the fine and the date when it is due.

When the offence notice procedure is used, the fine cannot exceed \$300. However, in appropriate cases demerit points under The Highway Traffic Act will be recorded as a result of the conviction.

Every fine is due fifteen days after it was imposed, whether or not the defendant appeared in court. Every person has the right to request extensions of time for payment after trial.

The court has powers to collect unpaid fines. Upon conviction of a motoring offence, the court may suspend the defendant's driving licence until the fine is paid.

A person would be sent to jail for non-payment of fines only in circumstances where all other procedures for collection have failed.

The new system also includes provision for the person charged to have access to a quick, simple and inexpensive appeal. The appellant need only complete a prescribed form and file it in the Provincial Court (Criminal Division) in the county or district where the case was first heard. The clerk will give notice of the time and place of

the hearing of the appeal as soon as practicable.

The appeal will be conducted by means of an informal review in which both parties may appear without lawyers. The judge will let the parties state their case, and may make inquiries in order to define the issues in dispute. He may also listen to all or any part of the recording of the proceedings at the trial.

At the end of the hearing, the court may affirm, reverse, or vary the original decision or direct that a new trial be held in the Provincial Offences Court.

In conjunction with implementation of these new procedures, Provincial Offences Courts are being established to process minor offences and will generally be presided over by a Justice of the Peace.

Spring brings deer onto Hwys.

Coby OPP report 2 accidents

There were two motor vehicle accidents involving deer in the Coboconk OPP patrol area last week.

Jim Milford, a conservation officer and co-ordinator with the Ministry of Natural Resources reports that it is usual to have an increase in this type of accident in the spring and fall, when the deer are moving freely in search of food.

On Friday, a 1979 pickup truck driven by Bert Beckell of RR 2, Oshawa was travelling on Victoria County Road 8, west of Hwy. 35 when a deer jumped in front of the vehicle, however no damage was reported.

At 1 am Saturday, a 1972 car driven by Jane Bedard of RR 2, Kettleby, struck a deer on Victoria County Road 8 near Argyle. Damage to the vehicle was set by police at \$300. The deer, fortunately escaped.

Mainstream Canada

Axeworthy's Big Problem

By Roger W. Worth

Most political pundits in Canada believe Manitoba's Lloyd Axeworthy received a lousy federal cabinet post, considering he is one of only two Liberals elected from Western Canada.

That's not the case. Axeworthy has been handed the task of dealing with what is potentially the most explosive political situation in the country.

As Minister of Manpower and Immigration, he is the federal minister responsible for training the tens of thousands of skilled trades people Canada will require during the next decade as the country gets set to spend \$200 billion on major projects.

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

And a severe shortage of skilled labor already exists.

Surveys conducted by the 55,000 member Canadian Federation of Independent Business indicate finding qualified workers for rela-

"The problem in dealing with these minor offences, which are not in any real sense criminal acts, is that the traditional procedure has been borrowed from old doctrines of the criminal law," Mr. McMurtry said. "As a result, technicalities and ceremonies have confused the average citizen, the courts have become congested with millions of charges for very minor offences, and the expense and wasted time of the general public, court officials and law enforcement personnel has grown to enormous proportions," the Attorney General said.

"The new Act will result in a procedure which is appropriate to the minor nature of most offences under the laws of Ontario, so that justice may be done in a fair, efficient, and inexpensive manner," Mr. McMurtry said.

Spring brings deer onto Hwys.

Coby OPP report 2 accidents

There were two motor vehicle accidents involving deer in the Coboconk OPP patrol area last week.

Jim Milford, a conservation officer and co-ordinator with the Ministry of Natural Resources reports that it is usual to have an increase in this type of accident in the spring and fall, when the deer are moving freely in search of food.

On Friday, a 1979 pickup truck driven by Bert Beckell of RR 2, Oshawa was travelling on Victoria County Road 8, west of Hwy. 35 when a deer jumped in front of the vehicle, however no damage was reported.

At 1 am Saturday, a 1972 car driven by Jane Bedard of RR 2, Kettleby, struck a deer on Victoria County Road 8 near Argyle. Damage to the vehicle was set by police at \$300. The deer, fortunately escaped.

Mainstream Canada

Axeworthy's Big Problem

tively high-paying jobs is among the top problems faced by small and medium-sized enterprises. And the situation is just as bad for bigger businesses.

So a crash program to upgrade skills, particularly among the unemployed, will undoubtedly be a priority for the new minister.

The delicate political problem that is likely to develop, though, is somewhat different.

If Axeworthy strikes out in efforts to provide enough skilled trades people, he may be forced to allow more immigration or permit qualified people to work in the country on a temporary basis, returning home when the job is completed.

Such a move would be political dynamite, particularly if Canada's high unemployment persists.

In short, Axeworthy has been handed one of the toughest jobs in the new cabinet, dealing with issues that affect the future of the country, and the place of Canadian workers in their own land.

Haliburton

Red & White

RED & WHITE
FOOD STORES

'DELI' SPECIALS

BOVRIL

Corn Beef 3.19 lb.

MAPLE LEAF

Pizza Loaf 1.99 lb.

Spiced Beef 4.99 lb.

"HAPPY BIRTHDAY"



BROWN OWL STAFF — left to right Eleen Henderson, Tammy Sawyer, Leroy and Carla Lichty, Pat Gwenn-duncan and Anna Kunkel. Missing — Debbie Ingram and Wendy Davis.

THE BROWN OWL
RESTAURANT

is 3 years old on

Tuesday, April 15th, 1980

HELP US CELEBRATE THE OCCASION BY DINING IN OUR NEW "OWL'S NEST" DINING ROOM.

SOUP OR JUICE — CHEF SALAD

5 oz. STEAK DINNER

CHOICE OF DESSERT — TEA OR COFFEE

Adults \$5.00; Children (under 12) \$4.50

Bring in this ad for our Free Draw.



ENTERTAINMENT

Cdn. recording artist performs at Frost Campus

DORSET — Canadian recording artist and composer Wiz Bryant will perform at the Frost Campus of Sir Sandford Fleming College, Wednesday, April 9th, in a free concert featuring ballads and a multi-media presentation concerning Canada and our folk heroes.

Sponsored by the Frost Campus Enrichment Committee and the student council, the concert will begin at 8 pm and seats will be available on a first come, first served basis.

The 30 year old artist performed at Ontario Place, the CNE, and other spots in Toronto and area as well as on radio and network television. He is known for his ability to make Canadians "feel good about Canada" and his recording of "Bluenose" was aired by radio stations across the country.



Jolly Green Thumb

BY MARY FUREY CRYMES

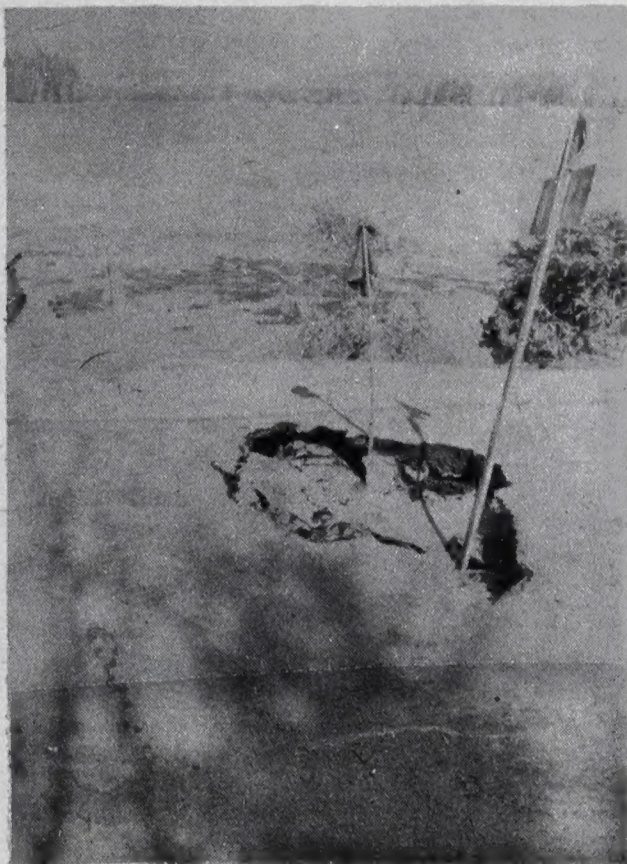
Flowers year round from houseplants? Sure, it's possible. Lots of houseplant growers beat the non-blooming seasons with African violets, impatiens and begonias in their myriad forms. But there are many new hybrids that can add color to your collection and blossom any time.

One example is Browallia, the tropical nightshade plant. Once it produced flowers only in the summer; now, new, hardy strains will give you soft blue-lavendar flowers year round. Look for it at the nursery, and check out new Bougainvillea, another tropical plant beloved of writers of romance novels set in sunny climes. Doesn't the heroine always get wooed in gardens fragrant with Bougainvillea? It won't grow as luxuriously in Boston as in Bali, but hybrid strains will produce jewel-toned blossoms most of the time. Both plants need sun and frequent watering and will do well under "gro" lights.

Crossandra is another example of the hybridizers' art. They've brought it from a sometime producer of brilliant orange flowers to an all-the-time bloomer. It takes to semi-shaded spots and thrives in rooms where the temperature doesn't get below 65 degrees in the cool months.

A showy plant that will cause "aaaahs" from visitors is Hibiscus, another hot-climate dweller. It used to blossom and fade in a single day; now, hibiscus can pop out and flower most any time. And, you'll also love Cuphea, one of the few shrubs cultivated as a houseplant. Called the "firecracker," its blossoms can be brilliant red, white or purple.

Two more steady bloomers are the lipstick vine (aeschynanthus) and the stately Sweet Olive, with its profusion of white flowers. All have been hybridized to withstand temperature changes and give you gorgeous flowers all year with minimum care. Green is nice, but green and color are sensational, so add some flowering plants to your collection.



Ingoldsby Road suffers cave in

Ingoldsby — Each spring in Haliburton County, the the counties roadcrews are kept busy repairing damage to the road systems. Here a portion of the Ingoldsby Road at the south end of Kashagawiganog.

Haliburton Highlands the heart of getaway country

NOW OPEN

Specializing in Canadian & Chinese Foods!!

Dinners for 1 to 6 persons, OR Ala Carte.

THE WAGON WHEEL

Hwy. 35 South

For reservations call 286-2794

SHAMROCK SERVICE CENTRE

PRONTO MUFFLER CENTRE

COMPLETE LINE OF
TRUCK & PASSENGER CAR
TIRES

457-2681

Ross Mark, Proprietor

HALIBURTON — ONTARIO

CHECK THESE FEATURES:
• Free Exhaust and Shock Inspection
• Free Installation .. 30 Minutes or less
• Lifetime Guarantee .. Nationwide
• All Makes and models .. Domestic
Foreign and Industrial
• Professionally Trained Personnel
• Customize California Installation

UNIROYAL

Dealer-Distributor



Homestead

Schnitzel House

(Licensed under liquor board)

Swiss Bavarian Cuisine

Our Only business is food, GOOD FOOD!

on the Minden by-pass 286-2118

give
generously!



the
Heart
Fund

The Beaconbrook Hotel

★ ENTERTAINMENT ★

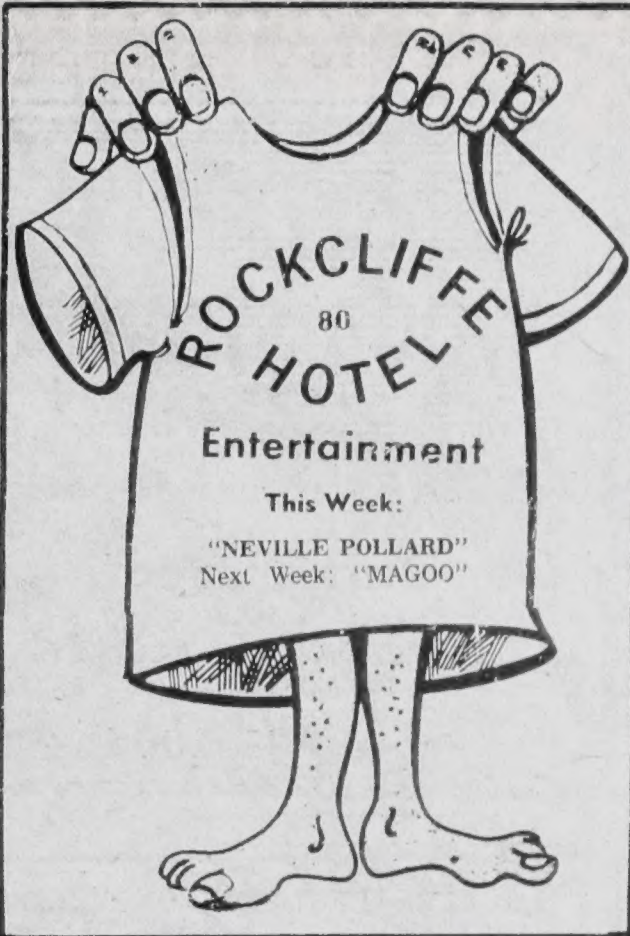
This Week:

"GIDE O"

DINING ROOM OPEN

For Reservations, phone: 457-1710

Hwy. 519, Haliburton



The Highlands Express

Published every Wednesday at our offices on the North Shore Road, two miles north of Carnarvon off Highway 35.

Mailing Address:

R.R. #2, MINDEN, ONTARIO K0M 2K0

Telephone: 489-2036

BOB MANN, Publisher

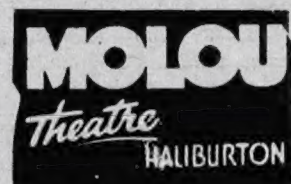
CLIFF BURKE, News Editor

Every effort will be made to see all advertising copy, neatly presented, is correctly printed. The publisher assumes no financial responsibility for typographical errors in advertising, but will gladly reprint without charge that part of an advertisement in which an error may occur provided a claim is made within five days of publication.

Also the publisher takes no responsibility for statements or claims made in any advertisement and will, upon written request, reveal the name and address of person or persons responsible for placing any display advertisement, political or otherwise, except for "blind" box advertisements.



MINDEN, ONT.



HALIBURTON



Fri. 11 Sat. 12

It's a wild, Winner take all! ADULT ENTERTAINMENT



Fri. 11 Sat. 12

Meet three guys: ADULT ENTERTAINMENT
with an outrageous plan to beat the system.
FAMILY WARNING: LANGUAGE
GEORGE BURNS
ART CARNEY
"GOING IN STYLE"
A comedy to steal your heart.

The FIRST Certified
Crazy Person's Comedy
PETER FALK
ALAN ARKIN
THE IN-LAWS

Sun. 13



MONTY PYTHON'S
LIFE OF BRIAN
STARRING: GREG KINNAY, PATRICK GARDNER, AND THE MONTY PYTHON FILM COMPANY
A FILM BY GREG KINNAY
MINDEN, ONT. 489-2036

Pancake and Sausage breakfast highlight annual Festival



FRONTIER MOTORS
YOUR **Firestone** DEALER
FULL ALIGNMENT — BRAKES
& TUNE-UP SERVICE
Hwy. 35 north 286-2890

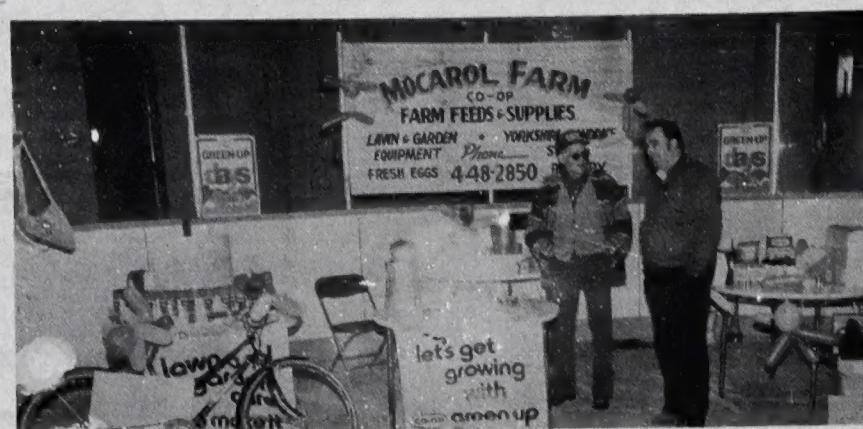
WILBERFORCE — On Saturday, hundreds of people headed for Wilberforce in the northern boundaries of Haliburton County to take in their annual Maple Syrup Festival. The highlight of this yearly event is the delicious pancake and sausage breakfast served by local ladies in the Lloyd Watson Memorial Centre. The Festival also

features flea markets, draws, bake sales and a good Farm, Home and Garden Show in the new Monmouth arena. Saturday's events were topped off during the evening with a dance at the Centre featuring Anna Marie and the Goodtimers.



WOOD SPLITTERS
FOR SALE or RENT
CRAFTED **WOOD STOVES**
Several sizes and models to choose from!!
★ FIREPLACE INSERTS AVAILABLE!!
SEE THEM NOW IN OUR SHOWROOM.
Don Barker Heating
SALES & SERVICE
Located 3 miles north of Carnarvon on Hwy. 35. (Formerly Little Chick Inn.)
Phone 489-2004

Fitness is a national issue.
We call it Body Politics.
PARTICIPATION



LOCAL REAL ESTATE BROKER JOINS A.E. LePAGE LTD.
L. VanLieshout R.E. Ltd. is pleased to announce its association with a Canadian leading real estate broker A.E. LePage Ltd.
This move ensures that the complete facilities of an international organization are available to everyone in this area, including an integrated referral system.
If you wish to buy or sell real estate anywhere in North America or even Europe or the Commonwealth.
Please give us a Call
L. VanLieshout
Real Estate Ltd.
R.R. 1, Haliburton, Ont.
K0M 1S0
Phone 457-2414
A.E. LePAGE
Coast to Coast
Real Estate Service

Haliburton County Mutual Fire Aid Association

March 5, 1980

Executive members present: Jim Maxwell, President; Allan Mountney, Vice-President. Meeting called to order at 8:28 p.m.

Roll Call	Firemen	Fires
Bancroft	2	1
Cardiff	3	2*
Monmouth	4	0
Stanhope	18	1
Glamorgan	5	0
Dysart	0	0
Minden	4	2
Apsley	0	0
Maynooth	0	0
Total:	36	6

*False Alarms

Introduction of Visitors:

Stanhope Fire Chief, George Wilson, introduced Bernie Walsh from the Fire Marshall's Office. Stewart Foster — Supervisor of Fire Investigations from Fire Marshall's Office. Ron Foran, O.P.P. Corporal and 10 other O.P.P. Constables of Minden Detachment. Mr. Bamnon, Insurance Adjuster, and Mr. Roger Woods from Stanhope Council.

Ryan-Poirier: that the minutes of the February 12, 1980 meeting be adopted as read.

New Business:

Jim Maxwell suggested that one executive stay on for a 2 year term, also we should form a committee to examine the constitution and update it needed.

Jackson-Wilson: that the executive call a meeting with the Chief of each Department to review the constitution.

The President read a letter of request for Mutual Aid grant to Haliburton County Council dated February 29, 1980.

Tomisini-Jackson: that Mutual Aid write a letter of request to Hastings County Council and Peterborough County Council for a funding grant.

Old Business:

1980 membership dues are now due and will be gratefully accepted.

Visitors:

Stewart Foster of the Fire Marshall's Office presented 35 minutes of slides to stress the

importance of preserving evidence at a fire scene to determine the cause and origin of the fire, this was followed by a 40 minute sound film of what to look for in case of arson, e.g. where the fire started, how fast it spread, different methods used by the arsonists.

Bernie Walsh mentioned importance of Metric Conversion and also a training school schedule in Peterborough, some time in October.

The next meeting to be held in Monmouth, Wednesday, April 23rd, 1980 at 8:30 p.m.

Whitefield-McDonald: meeting adjourned at 10:55 p.m.



Canadian Comment

BY PETER WARD

OTTAWA (SF) — Constitutional reform is badly out of fashion as a political subject in Canada. It didn't even surface during the past election campaign. That, perhaps, was because all three of the major parties are federalist, and all realized that it might be counter-productive to talk constitutional hype on the eve of the separation referendum in Quebec.

Points most often made in constitutional harangues include the degree of provincial versus federal power, patriation of the constitution from Britain, and the elusive search for an amending formula. Those are not the most vital aspects of needed reform, if we have any real desire to adjust the Canadian system into something which will work as a more responsive form of democracy.

Most recent critics of the Canadian system have suggested changes in the way we elect our federal representatives. There's a concerted push to give Canada a mixed system of direct representation, like the one we have now, and proportional representation, as they have in West Germany and Australia.

Direct representation, the election of one member for each constituency, often means that the party which wins government did not get the biggest popular vote. It also means that very seldom does the individual winner get more than 50 percent of the vote in his or her own

constituency. The result is a badly polarized electoral map. Liberals may get 20 percent of the vote in Alberta, yet elect nary a member. Tories get a reasonable slice of the Quebec vote, which is not reflected in the number of members elected. New Democrats get shut out in some provinces, despite the fact that they earned a respectable vote percentage.

The Pepin-Robarts task force recommended adding 60 members to the House of Commons, those seats to be allocated to the parties based on the proportion each won of the popular vote. That would help, but it does not go far enough. It would be better to reduce the number of actual constituencies to perhaps 200, and then have as many as 100 members elected by vote proportion from lists which would be prepared by each party before the election. West Germany goes further and splits the number of seats

exactly half between directly elected members and those chosen from party lists, in accordance with the percent of popular vote each party gets in each province.

There is sufficient pressure abroad in Canada today to ensure that talk about changing the electoral system gets some hard scrutiny before we are next called upon to elect a federal government. Hopefully, when polling day next comes, some such changes will have been made.

Nutrition Notebook

Seniors' Diet

By JOAN FIELDEN

The "golden" years often present dietary problems to senior citizens because of changing eating patterns.

Food habits develop over many years. Appetites shift dramatically as we age, but this is no reason for seniors to neglect proper nutrition.

Studies have shown that aging does change the way your body absorbs and uses some nutrients. As a consequence, there is a need to pay particular attention to the following nutrition areas:

Iron

Iron absorption decreases with age so seniors are prone to feeling more run down and tired. Be more careful to select more iron rich foods. Iron sources include: whole grain breads and cereals, and lean red meats, organ meats, egg yolk, dried fruit, green leafy vegetables, dried peas and beans.

Proteins

Just because the body stops

growing does not mean your body needs less protein. An older person usually needs as much protein as a younger adult. Examples of good protein sources are: fish, lean meats, poultry, eggs and cheese.

Calcium

The idea that you outgrow the need for calcium is false, and may be one reason for increased osteoporosis and periodontal disease among older people.

Osteoporosis means calcium and other nutrients are slowly withdrawn from bones making them weak and easy to fracture, while periodontal disease means a lack of calcium in the jawbone is a cause for a loss of teeth.

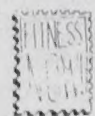
By maintaining your intake of calcium during the senior years you can prevent these two processes. Try ½ to 2 cups of milk a day or have equivalent servings of creamed soups, custards, puddings, ice cream, cheese, and yogurt or add skim milk powder to cooked cereals, casseroles, and meat loaves.

Certainly bread and cereal products meet the nutritional

requirements and are easy on the budget. Seniors would be well advised to include at least three servings per day from the bread and cereal group to augment their choices from the meat, milk, and fruit and vegetable group for a balanced diet.

Yes, good nutrition is certainly as important for senior citizens as it is for any other segment of the population. Sometimes it takes only a slight adjustment in diet to ensure healthy later years.

Joan Fielden is an independent home economist, nutrition consultant for the Bakery Council of Canada, and a consultant to major foods groups across the country.



Is Fitness Important?
Ask any body.



Simple Justice

This is now the law.

Know your rights.
Consider your options.

The new Provincial Offences Act introduces a new form of law designed especially for minor offences such as traffic, liquor, hunting and fishing violations. The new system is simple, informal and convenient, and offers anyone charged with a minor offence a new choice for handling his or her case. But you have to act. It's up to you.

Minor Offences

Read your rights. Know your options under the Provincial Offences Act.



Ministry of the
Attorney
General
Ontario

In the News



ROSE KENNEDY, 89-year-old matriarch of the Kennedy family, took to the hustings to campaign for her third son, Sen. Edward M. Kennedy, in his bid for the Democratic presidential nomination.

"It is naught, it is naught, saith the buyer: but when he is gone his way, then he boasteth." — Prov. 20: 14.



Get a good thing going.
Yourself.



For further information, pamphlets are available at Supermarkets and Provincial Court offices, or write: Provincial Offences, Queen's Park, Toronto.



Ministry of the
Attorney
General
Ontario



Sports Page

by CLIFF BURKE



Eric Johnson loses to Park Royal bantam at Sprtm. Show

TORONTO — The 1980 edition of the YBC Invitational Sportsman Show singles championships attracted some 300 bowlers in three age categories for boys and girls, bantams not 11; juniors not 14; and seniors not 18 who competed in qualifying rounds from March 17th through to Friday, March 21st at the upper west wing of the Colliseum. All bowlers competed in the three game qualifying round to determine the top five bowlers in each category and division who advanced to a stepladder final Saturday, March 22nd. The stepladder format consisted of a one game elimination round whereby the 5th and 4th place bowlers competed against each other with the winner advancing to bowl the 3rd place finisher and so on up the ladder.

In the senior girls divisions, Wendy Pryor qualified in the fifth and final qualifying position and then proceeded to defeat Jodie Bonniface 271-182, Paula Raby 198-191 and Shelley Jepson 238-202 on route to the final match against Elaine Smith whereby Wendy then proceeded to eliminate Elaine 227-196 to win the Sportsman's Show championship. In the boys division top qualifier Doug Tannahill with a score of 834 handily defeated the second place

qualifier Jeff Kirkwood from Skyway Plaza Bowling in Burlington, 299-235.

In the bantam boys division 4th place qualifier Steve Glowsky from Park Royal Bowlerama defeated Eric Johnson of Carnarvon Lanes, 188-118 to win the division. Pam Baldwin from Skyway Plaza Bowling in Burlington defeated Kim Pratten, Bowlerama Lanes, Toronto 155-117 to win the bantam girls division.

Kevin Jans from Sportsman's Bowlerama, Guelph defeated Brett Fair of Markham Centre Lanes, 234-215 to win the junior boys division, with the 1979 junior girls National champion, Connie Dreher

defeating top qualifier Michele Noon 197-142 to win the junior girls title.

Besides the fantastic performance of Eric Johnson of the Carnarvon Lanes YBC program, five other bowlers from the program participated for the first time in the Sportsman Show.

Peggy Conway finished in 12th place in the bantam girls division, Kevin Warburton was 36th in the Junior boys, Corinne Handy finished in 27th place in the Jr. girls, Shane Blakey tied for 43rd in the senior boys division and Cathy Darby was 37th in the senior girls competition.

Central Ont. is class of 1980 Colt 45 Open Championship

Hamilton — Last Wednesday afternoon 19 top bowlers from the 1000 lakes 5-pin Bowlers Association and three coaches left for Hamilton's Sherwood Lanes to take part in the 1980 Colt 45 Open 5 pin bowling championships. The bowlers made up a mens ladies and mixed teams as well as singles.

The highlight of the championships was the super performance of the men's team that missed the match play finals by just ½ a point. This is the finest performance by a 1000Lakes team in its five year history. The team was comprised of Bill Korz and Steve Barton of Fenelon Lanes. Ken Cavanaugh of Lindsay, Garry Murray of Bancroft and Doug Robinson of Carnarvon.

However, the highlight of the entire championships was the performance of the Central Ontario 5 Pin Bowlers Association. They captured two team Provincial titles as well as the ladies singles.

Charlene McCormack will represent Ontario in the World Championships next month in the ladies singles. The Central Ontario Men's and Ladies team will also be hoping to bring the gold meddle back from

the World's for Ontario.

This year's men's singles champion i 35 year old Juergen Rump of Niagara Peninsula Bowlers Association. Rump defeated Mike Guluk of Cenal Ontario, 318 to 233 in the championship game to go onto the World's.

The Ontario Mixed Team representative this year is from York West Bowlers Association. Good luck to all Ontario representatives at this year's World's.

Some of the top individual performances at this years four day championships went to Ruth Dickieson of Niagara with a high five game total of 1455. Lou Montagano, also of Niagara was the high five shooter among the men, rolling a great 1589. The top 10 game performance at this years Provincials went to York West's Chris Moore with 2932.

The 1980 Aggregate winner was Central Ontario with 77 points. Second place went to York West with 75, third was Niagara with 62 and fourth was Agincourt with 61.

On Sports

BY JOHN DALTON

Here is what manager Chuck Tanner has to say about the chances of his Pittsburgh Pirates repeating in 1980 as baseball's world champs:

"Sure, other clubs are going to be gunning for us a little bit, but we will rise to the challenge. I know that the players think that a good way to prove how good we really are is to play our style of baseball and win another world championship.

"The National League Eastern Division has been the most competitive in baseball for some time. The Expos may have improved themselves with the addi-

tions of Ron LeFlore and Fred Norman. But they really didn't replace the RBI production of Tony Perez, or his power.

"The Cardinals still have a devastating lineup since they overwhelm you with switch-hitters — not a lot of home runs, but plenty of singles and doubles and excellent team speed. Bobby Bonds will be a potentially big addition — good speed, and he offers some long ball power.

"The Phillies will be very tough if they simply avoid the horrendous amount of injuries they had last year. The Cubs are always tough in Wrigley Field, and they'll be playing for a new manager, Preston Gomez.

"We had our usual tough time with the Mets last year. "But our balance, meaning our pitching, defense, speed, hitting, bench — it's as good as anybody has ever had in baseball and better than most.

"We won a World Championship in 1979 with it — I think the only thing better could be to go out and do it again.

"Our infield defense improved greatly last year after the acquisitions of Bill Madlock and Tim Lincecum, which allowed Phil Garner to move to his best position, second base. We can only benefit by having Madlock and Foli with us from the beginning, so that we can really work on timing and the little things.

"It looks like Dale Berra will assume the utility infielder spot. Berra can play short and third and swing the bat. People tend to forget that in the time Dale was with us last year he played well enough, both offensively and defensively.

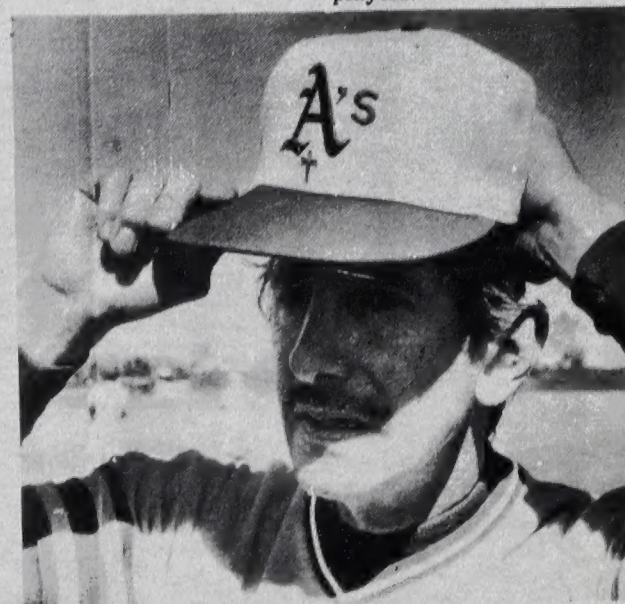
"With Dave Parker, Omar Moreno, and either Bill Robinson or John Milner in the outfield, we're in good shape there.

"Pitching? The presence of a healthy Rick Rhoden and Don Robinson will compensate for the free agent loss of Bruce Kison in my opinion. Plus, I expect big

years from guys like John Candelaria, Bert Blyleven, Jim Bibby and Jim Rooker. Pitching for a championship club instills even added confidence.

"And our overall pitching is enhanced by the availability of people like Kent Tekulve, Grant Jackson, Enrique Romo, and Dave Roberts — the best bullpen in baseball.

"Some may think that just because we won it all in 1979, we'll be resting on our laurels. Anybody that thinks THAT doesn't know me — and more importantly, doesn't know my ball players!"



VOLATILE Billy Martin takes over as manager of the Oakland A's this season. The former New York Yankees manager has agreed to a two-year contract.

**TIRED?
RUN DOWN?
HARD TO
GET STARTED?**



Minor problems could be the cause. Our examination will find the problem and we will suggest a cure for what ails your car.

**CALL NOW FOR YOUR
APPOINTMENT**

**CONEYBEARE MOTORS
LIMITED**

Hwy. 121 west of Haliburton

457-1621

JIM JOHNSTON CONTRACTOR

"Independent Tradesman"

Complete Remodelling & Building Services



Modern Security Systems

Canadian Hot Tubs

Satisfaction & Quality Guaranteed

457-1433



Helpful hints for diamond buying

This year, it's estimated that three out of every four Canadian brides will choose or receive a diamond engagement ring. Will you be among them?

If so, you and your fiancé will want to know all there is to know about diamonds prior to making that all-important purchase. A diamond is an investment in beauty for a very special person. It's an investment in individuality, for like your relationship, no two diamonds are alike.

Sometimes trying to find the "right" diamond can seem to be as complex as finding the right mate. What guidelines exist to aid you through the maze of diamond grading and price?

HELPFUL HINTS:

For starters, choose a reputable jeweller — one in whom you have confidence — one whom you can trust. Make sure he'll talk to you frankly and freely about the diamond you want to purchase. If you don't know anyone, and that's not too unusual as the engagement ring is often the first major purchase a young couple makes, ask your friends. And, shop around. A jeweller's willingness to give you straight, honest answers and make recommendations is a good indication of his knowledge and reputability.

That accomplished... how do you choose your diamond? What determines a diamond's quality and value?

The Four C's — carat weight, colour, clarity and cut. The combination of subtle gradations in each of these four factors determine the value of a diamond.

When choosing your diamond engagement ring, consider the diamond not just the overall appearance of the mounting and design. For it's the diamond — the hardest and most durable of all gemstones and not the metal it's mounted within — that will be cherished for a lifetime.

Carat Weight (there are 100 points in a carat) plays a major role in determining the price. Smaller diamonds are more plentiful than large

ones. Therefore, large stones are rarer and consequently, more costly. A 1/2 carat good quality diamond for example, could cost from \$2,500 to \$5,000. A good quality one carat diamond however can cost from \$8,000 to \$12,000. As the size and quality increases, so does the price.

Diamonds come in any colour of the spectrum — but most diamonds are "white" with a tinge of colour. A diamond can be "warm" or "cool". Barely discernible touches of body colour in a "white diamond" — usually yellow or brown — will lower the price the more prominent the colour becomes. The more nearly a diamond approaches being absolutely colourless — the more valuable it is. Completely colourless diamonds are rare — and consequently, much more expensive.

Diamonds like people are born with imperfections — "birthmarks" called inclusions. These inclusions affect the diamond's clarity. Rarely visible to the naked eye, these imperfections do not perceptibly interfere with the diamond's beauty. Every diamond, even one defined commercially "flawless" (in-

clusions not visible when viewed under 10-power magnification) contains at least some slight natural imperfection. It's the placement and number of these inclusions which determine a diamond's value.

Cut refers to both the make of a diamond (the way the facets are arranged) and to its shape. When a diamond's 58 facets are perfectly proportioned, the cut is referred to as a "perfect make" because it handles and reflects light with the greatest efficiency. Shallower or narrower cuts — depending on the original size of the rough stone — can be "saving" factors when it comes to price.

The diamond's shape usually falls into the five most popular — brilliant, marquise, pear, oval and emerald.

How much should you spend?

Never spend more than you can afford at the time of purchase. A good rule of thumb: invest four or five times your weekly salary in an engagement ring. Your

original diamond, in years to come, can be traded up to a larger one — or reset — and a larger diamond purchased when circumstances permit.

Be prepared to spend more than fiances did in the past. Diamonds, like everything else, have increased in price. Invest your dollars in the stone — not the setting. The thinner and simpler the setting, the larger and better quality diamond you can expect to buy. The solitaire or single-stone diamond engagement is your best bet... for all of its value is in the one diamond.

Choosing your diamond engagement ring need not be confusing. It just takes a little understanding of the slight differences in quality that make one stone worth more than another.

Your diamond engagement ring is more than a gift — it symbolizes a serious undertaking, it marks a new beginning. What could be more appropriate than a diamond — the symbol of enduring love. A diamond is forever.

MR FOGG'S



ATTENTION SENIOR CITIZENS!

- If you are 65 years or older, join MR. FOGG'S SENIORS CLUB!
- Enjoy a 10% discount on your meals Sunday thru Thursday for all registered "Mr. Fogg's Seniors."
- MR. FOGG'S will be featuring specials and discounts for all registered "MR. FOGG'S SENIORS."

DROP IN AND REGISTER!

OPEN DAILY FROM 11 A.M.

HIGHWAY 530 AT 35 CARNARVON

Fight Them All

Heart Attack, Stroke
High Blood Pressure
Rheumatic Fever



Help your Heart... Help your Heart Fund

NEED HELP
AROUND
THE HOUSE,
PROPERTY,
COTTAGE
OR FARM?
CHECK OUR
DIRECTORY
FOR AREA
TRADESMEN

Minden Men's Recreational Hockey League

FINAL STANDINGS

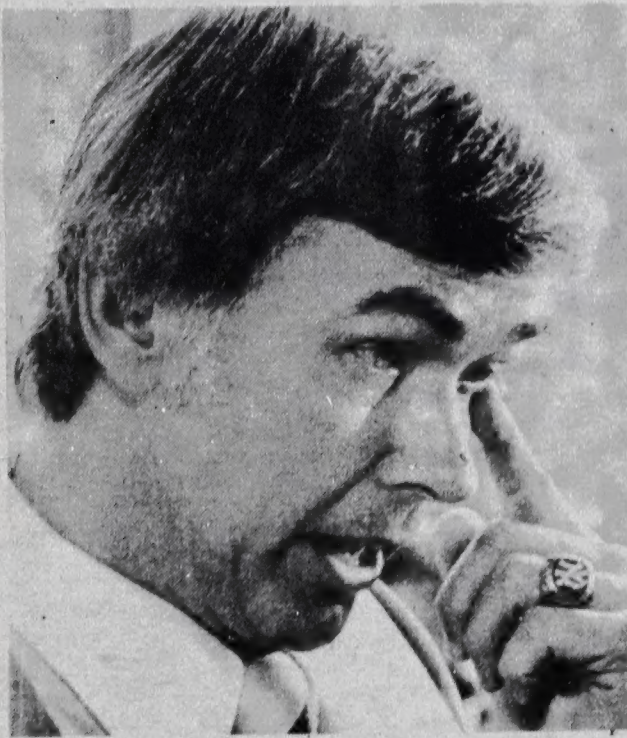
TEAMS	GP	W	L	T	GF	GA	TP
1. Home Hardware	12	12	0	0	120	43	24
2. Rockcliff Hotel	12	6	6	0	86	88	12
3. Hartwick Construction	12	3	8	1	77	106	7
4. Floyd Hall Insurance	12	2	9	1	58	102	5

PLAY-OFF CHAMPIONS
'HOME HARDWARE'

FINAL LEAGUE AND PLAY-OFF STATISTICS

PLAYERS	T	G	A	PTS	G	A	PTS.	T.PTS.
1. LARRY SAWYER	RH	25	29	54	13	8	21	75
2. Dave Hartwick	H.H.	26	25	51	12	10	22	73
3. John Barkwell	H.H.	29	18	47	12	3	15	62
4. Shane McKelvey	R.H.	13	19	28	9	10	19	47
5. Rick Hartwick	H.C.	29	18	47	0	0	0	47
6. Mark Derry	H.H.	20	11	31	3	7	10	41
7. Harris Steele	H.C.	19	5	24	9	6	15	39
8. Kevin Newell	H.H.	8	14	22	4	9	13	35
9. Ted Vasey	R.H.	10	18	28	2	2	4	32
10. Dave Dollo	H.H.	9	11	20	6	3	9	29
11. Dean Hewitt	R.H.	9	7	16	4	8	12	28
12. Steve Harper	F.H.	10	10	20	4	2	6	26
13. Neil Burk	F.H.	8	12	20	3	2	5	25
14. Wayne Johnson	H.H.	7	11	18	3	4	7	25
15. Pete Lattner	H.C.	4	9	13	8	4	12	25
16. Leigh Bull	R.H.	8	7	15	5	3	8	23
17. Tom Lee	F.H.	12	6	18	3	1	4	22
18. W. Hutchinson	R.H.	5	14	19	0	0	0	19
19. Paul Cummings	H.H.	7	5	12	3	4	7	19
20. Don Cummings	R.H.	6	7	13	2	3	5	18
21. Bill Leary	R.H.	4	6	10	4	4	8	18
22. Tony Labarge	H.C.	4	10	15	1	1	2	16
23. Dave Petten	H.C.	7	5	12	1	2	3	15
24. Dave Willis	F.H.	6	3	9	0	5	5	15
25. John Lawson	H.H.	5	7	12	0	2	2	14
26. John MacAdam	R.H.	3	4	7	2	4	6	13
27. Larry Vick	H.C.	4	4	8	2	1	3	12
28. Barry Shaw	F.H.	4	7	11	0	1	1	12
29. Pete Pearson	H.C.	3	6	9	1	2	3	12
30. Bert Short	F.H.	2	9	11	1	0	1	12
31. Larry Kent	H.C.	2	7	9	0	3	3	12
32. Barry Smith	H.H.	2	5	7	1	3	4	11
33. Randy Cole	R.H.	3	7	10	0	1	1	11
34. Jeff Campbell	H.C.	2	8	10	0	1	1	11
35. Jim Burk	F.H.	4	4	8	0	2	2	10
36. Wayne Tascona	F.H.	2	6	8	0	1	1	9
37. Weldon Popp	H.H.	2	2	4	1	3	4	8
38. John Welch	R.H.	0	1	1	2	5	7	8
39. Jim Todd	R.H.	3	1	4	1	2	3	7
40. Dennis Brule	H.H.	1	4	5	0	2	2	7
41. Reg Eveligh	F.H.	3	2	5	1	0	1	6
42. Paul Sisson	R.H.	0	2	2	3	1	4	6
43. Don Hall	F.H.	1	1	2	1	2	3	5
44. Mike Jackson	H.H.	1	4	5	0	0	0	5
45. Rick Lamb	H.C.	1	4	5	0	0	0	5
46. Don McElwain	R.H.	2	3	5	0	0	0	5
47. Steve Bowcott	F.H.	2	2	4	0	1	1	5
48. Fraser Rogers	H.C.	0	3	3	0	1	1	4
49. Gary Warburton	F.H.	2	1	3	0	0	1	3
50. Royce Miller	F.H.	1	1	2	0	1	1	3
51. Myles Gartshore	H.C.	0	2	2	0	0	0	2
52. Mark Schmaltz	H.C.	2	0	2	0	0	0	2
53. Russ Paul	H.C.	0	1	1	0	0	0	1
54. Randy Ellison	H.H.	0	1	1	0	0	0	1
55. Rick Lydiatt	H.C.	0	0	0	0	0	0	0
56. Marty Rumney	R.H.	0	0	0	0	0	0	0
57. Jerry Mansfield	R.H.	0	0	0	0	0	0	0
58. Lynn Forsythe	H.C.	0	0	0	0	0	0	0
59. Ron Burk	R.H.	0	0	0	0	0	0	0
60. Doug Pearson	F.H.	0	0	0	0	0	0	0
61. Terry Crowe	R.H.	0	0	0	0	0	0	0
62. Dwain Lennie	F.H.	0	0	0	0	0	0	0

Sports View



GENE MICHAEL, the baseball club's new general manager, is trying to figure out how to turn the New York Yankees into winners again.

Ticket holders in the Minden Curling Club 50-50 draws

Marie Saunders, Herb Gill, Norma Burk, Jean Jackson, Robert McGann, Tom Gough, Bob Austin, Wm. Everson, Jean Colliver, Joe Rivers, Bob Eaton, Dave Dollo, Ron Murdock, Alberta Maitland, Godfrey Saunders, Alex Millar, Rod Roberts, Jerry Pillsworth, Don Mosley-Williams, Jack Kinsman, J. O. Jackson, Jerry Roan, Charley Muli, Mike Legge, Joyce Pennick, Fred Martin, Jack O'Dell, Shawn and Elaine Blakey, Bill Obee, Jim Garbutt, Penny Obee, Paul O'Pran, Don Sinclair, Louise Dennys, Nancy Garbutt, Doug Lennie, Alf Wickens, Joe Shapiera, Gary Brown, Paul L. Sisson, Ron Reid, Betty Hicks, Jim Casey, Kirk Taylor, Bessie Burk, Lawrence Swan, Ron Gambell, Don Barker, Gayla Newell, Larry Cummins, Eldon Deacon, Jim Congdon, Tom Lee, Ross Bryant, Ken Fielding, Ken Bannon, Neil Burk, Cec Yearwood, Bob Penfold, Ian Grey, Cliff Burke, Bob Mann, Helen Mifflin, Pat Lichty, J.A. Ackman, Jim Burton, Helen Burton, Dale Austin, Kevin Graham, Mike Raback, Ray Gervais, John Hogg, Reg Garbutt, Brad McKnight, Harry Cowen, Mike Heffer, John Francis, John Pure, Phil Graham, Lyle McKnight, Larry McKnight, Pete Dollo, Dennis Smith, Bob Austin, John Beachli, John Bassett, Ivan Clark, Godfrey Saunders, Hory Baker, John Beachli, Chris Dollo, Milt Sears, Marg and Max Jackson, Garnet Brown, Vern Gartshore, Marg Brown, Judy Jackson, Royce Miller, Ray Scott, John Parish, Gerry Heywood, Jim Burke, Wayne Johnston, Y. McCormick, Al Mayo, TD staff, Barry Smith, Linda Brandon, Val Gilbert, Aileen Simmons, May Stevenson, Dale Walker, Norma Davies, A. Wright, Dave Willis, Marie Baker, Larry Medley, Doris Robertson, Myrtle Walker, Olive Hamilton, Pearl Fielding, Marg E. Harrison, Roy Collis, Club Book, Bob Musclow, Dick Schell, Peter Bennett, Earle Palmer, Francis Thomas, John Pentney, Cub Coneybeare, Edna Taylor, Don Blakey, Tom Stinson, Arnold Bateman, Bill Bailey, Gord Everall, Hazel Austen, Jack Show, Lionie Walker, Wayne Fielding, Phyllis Kennedy, Helen Lee, Melinda Wood, Jim Scheffee, Jim Moon, Wayne

Cox, Joan Kernohan, Pat Campbell, Hans Kieckhoefer, Lois Titus, Peter Fearrey, Mark Schell, Bev Connelly, Bill Heaton, Dean Elliott, Norm Graham, Pat Atkinson, Muriel Welch, Prentice Shop Crew, Paul Prentice, Steve Berry, Lenore Prentice, Jacks Hills, Julia Robertson, Lucky Taylor, Mary O'Toole, Pat Taylor, John O'Toole, Ross Wray, Kathy Shore, Stella Burch, Ilse Schoenwald, Marv Young, Dwight and Colleen Little, Gord Kendall, Bertha Garbutt, Wally Bunn, Don Finn, Lenore Duncan, Betty Garbutt, Don Popple, Don Finn office staff, E. Kinnersly, Earle Askey, Molleen Lawson, J. Hobbs, Wilf Jarvis, Don Smedmore, Robert Greig, Dwight Thomas, Velma Wood, Marg Windover, Pam Dunsford, Rick Kinsman, Lyn Forsyth, Barry Stewart, Gary Bailey, Norval Watson, Ron Powell, Sharon Kernohan, Peter Windover, Hugh Allore, Shirley Walker, Mike Maher, Garth Kellett, Marvin Barry, Bishop & Rogers, Brian Black, Wayne Anderson, Joe Iles, Ron Foran, Cal Wilson, Don Burch, Jim Howe, Len Lonsberry, Len Box, Russ Paul, Ina Britnett, Wayne Colman, Carole Evans, Lloyd Johnson, Pam Hodgson, Georgina Boyle,

Jack Brezina, Bob Garbutt, Steve Fox, Don Hall, Ann Hewson, Norm Taylor, Chuck Hewson, Sinc Nesbitt, N. Harrison, Anne Campbell, Gladys Wruth, Gary Chapman, Dorothy Ash, Alan Arbuthnot, Garth Kellett, J. D. Welsh, Murray Webster, Joan Hatkoski, Peter Daly, Darlene Hodgins, Shirley McKnight, Glen Blair, Margere Fairfield, Dick McLean, Don Crowe, Kim Anderson, May Minto, M. Anderson, E. C. Rudd, Gary Anderson, Clayt Hummell, Jim Hicks, Bill Payne, Stan Blears, Gary McKnight, Scotty Larue, Clark Bailey, Al Bibby, S&M Southern, Hazel Maxwell, Art Ouellet, Fred Cox, Pop Shoppe, Gerry Campbell, Brian Crawford, Anne Dunsford, Bill Roodenburg, Dan Read, Tony Laberge, Alex Godin, Ralph Young, Wayne Tascona, John Rendall, Doug Carpenter, Lee Mann, Phyllis and Dusty Sutherland, Dorothy McElwain, Larry Anderson, B. Trepanier, Marie Cox, Jeff Lodenquai, Janet Hewson, Sid Brown, Cec Bailey, Jerry McKelvey, Gord Monk, D. Harrison, Ken Fielding, Murry Kuno, Lee Bull, Bob MacNaull and Eleanor Hall.

The above names run consecutively as to book numbers from 1 to 300 commencing with Marie Saunders as book 1 to Eleanor Hall with book 300.

BEAUTIFUL YOU

Canadian stylists are really tops

BY RENE VINCENT

Does your hairdresser really care about your hair?

Ask Paul Gilewicz, Canada's top hairstylist, who loves to make other people look and feel good about themselves.

"There's no other profession I know where you can express and fulfill yourself artistically and make your customer happy with herself and with you at the same time," said the 29-year-old



Winnipegger on winning the Canadian hairstyling championship recently in Toronto.

"In fact," he added, "I don't know what I'd do if I ever lost the use of my hands."

Paul had to face stiff competition from six other regional finalists, who all feel the same way about their profession and their customers — Barbara Nichols-Kennedy of Halifax; Philippe Audet, Montreal; Sal Costantini, St. Catharines; Jack Noesgaard, Regina; and Debi Sparrow, Calgary.

"On the whole, Canadian hairdressers are more fashion conscious than their American counterparts and are generally admired for their skill and talent. . . not just in Toronto and Montreal but all over Canada. Halifax and St. John's are exceptionally progressive. So is the West. There are excellent salons everywhere in Canada."

"We're not really special in this regard," he added. "Thousands of other hairdressers in Canada feel exactly the same way."

That's probably the reason Canadian hairdressers are so highly regarded around the world.

"In the U.S., as soon as they hear you're from Canada, they love you," says Martin Parsons, a Toronto-based educator who travels across the U.S. and Canada giving lectures and demonstrations on hair design.

Most hairdressers take enormous pride in their work. They succeed only when you leave their salon happy with yourself and the way you look. Remember this on your next visit

McGuire Tire Sales Ltd.

rear of the Red & White

HALIBURTON

457-1258

"SPECIAL"

235/75R/15 (LR78Y15)

Firestone



721

6 PLY

STEEL BELTED

Summer Radials

INSTALLED AND BALANCED

FOR JUST

\$79⁰⁰
EACH

NATURAL HISTORY NOTEBOOK

PRESENTED BY: THE NATIONAL MUSEUM OF NATURAL SCIENCES, OTTAWA

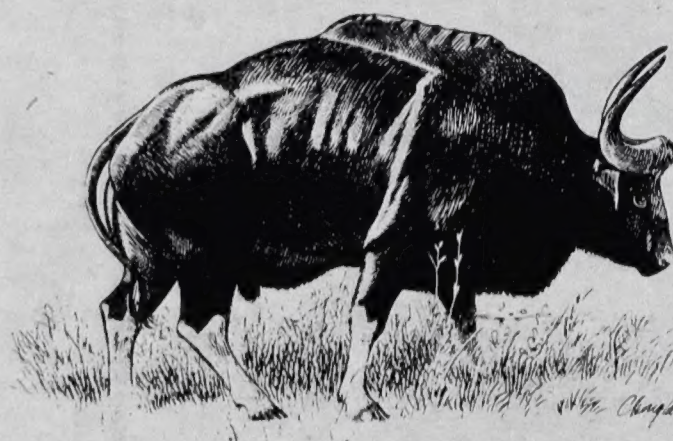
National Museums of Canada

GAUR

BOS GAURUS
III-89

Most people know that cows are a domesticated version of the wild cattle that ranged through the Old World thousands of years ago. Wild cattle still run in small herds in the hilly forests of India, Burma & the Malay peninsula, and these are the gaurs.

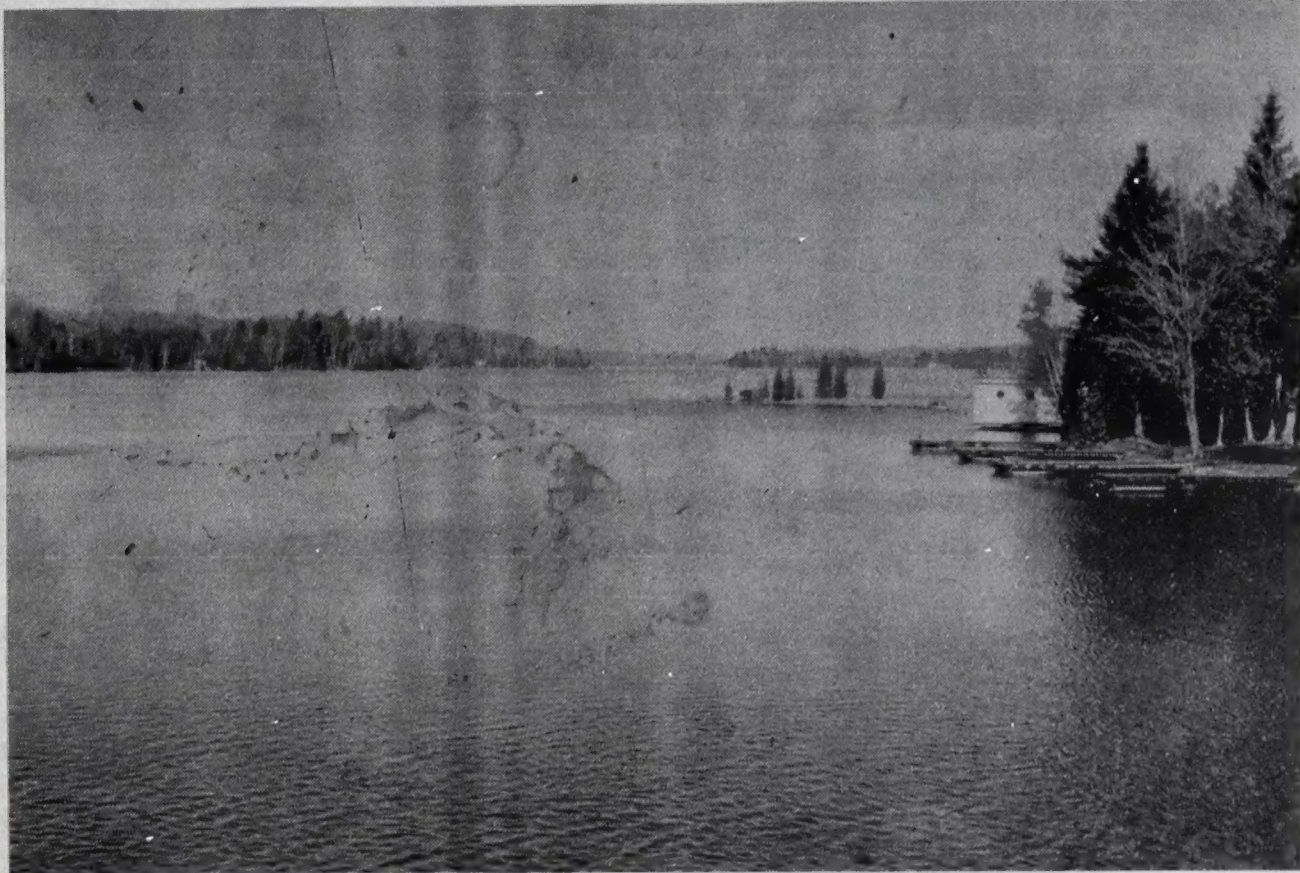
Each herd is led by a huge old bull, with the finest horns, a sleek, dark brown coat and white "stockings". One of their distinguishing features is the saddlelike hump on the back.



Gaurs are huge — they can measure 2 m. at the shoulder and can weigh 400 kg. They were once hunted by sportsmen in India as "big game" — as was the American bison.

Because of their size and strength, and since the Indian tiger is now almost extinct, they have few predators other than man.

FOR FREE REPRINT WRITE TO THE MUSEUM



Ice is now beginning to breakup on County lakes

Minden — with the mild weather that Haliburton County has experienced over the past several days the lakes are gradually breaking up. In the picture

above, Lake Kashagawigamog has already seen the ice break away from the shore at the south end.

Old Age Security Rise In April

OTTAWA—Increases in the Old Age Security pension, Guaranteed Income Supplement and Spouse's Allowance, effective in April 1980, were announced today by the Minister of National Health and Welfare, Monique Bégin.

The basic Old Age Security pension will rise to \$186.80 from the present \$182.42.

The maximum Guaranteed Income Supplement for a single person, or a married person whose spouse is not a pensioner and is not receiving a Spouse's Allowance, will increase to \$153.35 from its current \$145.76. Added to the basic pension, this gives a person receiving both the OAS and the maximum GIS a

monthly total of \$340.15.

The maximum Guaranteed Income Supplement for a married couple, both pensioners, will increase to \$127.51 each from \$124.52. Added to the basic pension this will give each married pensioner receiving the maximum GIS a total of \$314.31, or \$628.62 for the couple.

The Guaranteed Income Supplement is paid to pensioners whose income, apart from the Old Age Security pension, is limited. The amount of the supplement varies in relation to income.

The maximum Spouse's Allowance will increase to \$314.31 from \$306.94. The maximum Spouse's Allowance

is made up of an amount equivalent to the basic Old Age Security pension and the maximum GIS at the married rate and is paid to persons between 60 and 65 years of age who are married to OAS pensioners and meet residence requirements. Entitlement to a Spouse's Allowance, and the amount paid, is based on yearly income.

Where the pensioner spouse dies the surviving spouse may be eligible for the continuation of the allowance to age 65 or remarriage if that person has no income or a limited amount of income.

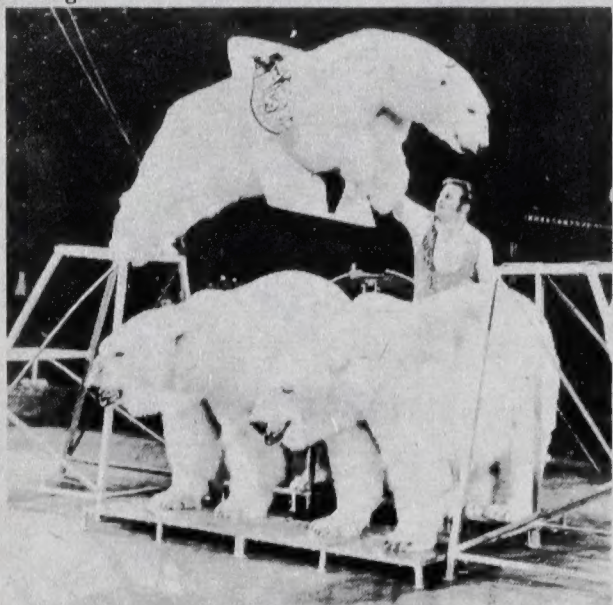
Increases in Old Age Security pension and Guaranteed Income Supplement payments are calculated quarterly based on the cost of living.

Short Takes

Many a man will agree that it's more than coincidence that "cupid" rhymes with "stupid" — AFTER the wedding.

Our lazy neighbor anticipated the energy crisis by about 20 years.

People who offer a penny for our thoughts are way overpricing the commodity.



IT'S AN URSINE leap through a sign to beat all viewing. "Ursine" referring to bears and in this instance, these are a trio of giant polar bears earning their snacks with the 110th Edition of Ringling Bros. and Barnum & Bailey Circus.

Planting Time Is Here Again

The number of trees to be planted this year will be the highest ever for the Tweed District. Nine hundred thousand trees will be distributed across the District, of which more than half will be planted on private land.

There will also be a significant pilot project this year in the use of container stock. These are seedlings which are intensively grown in

greenhouses in tiny paper pots, facilitating the better use of seed, space and resulting in far greater productive capacity from the same area. These particular seedlings were germinated in the greenhouses at Kemptville in January of this year, and will be ready to be planted by May. Traditional bare root stock is outplanted after three years in the nursery.

Planting will be done by both private contractors and the Ministry and is to commence as soon after April 15 as practical.

More planters will be required due to the large number of trees to be planted this year, and applications received by the Ministry in excess of its requirements will be made available to the contractors planting for the Ministry.

Check our price BEFORE
YOU BUY... you may be
pleasantly surprised!

BUILDING MATERIALS, FLOOR COVERINGS
GLIDDEN PAINTS, HARDWARE, ETC.

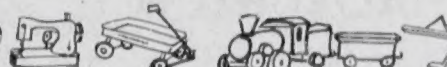
**Tri-County Building
Supplies Ltd.**

Highway 35, Cobocok
After Hours: 286-2860

454-3588
454-3292

ATTENTION HOUSEHOLDERS

The Highlands Express **ACTION AD** is here!

Sell your new 

nearly new or used 

WITH AN "ACTION AD" IN THE EXPRESS.

Try it now and get 1 ad FREE!

2 ACTION ADS for only \$2.00

Fill out the forms below, include \$2.00 and send to: The Express, RR 2, Minden KOM 2K0
Your ACTION AD will appear for 2 weeks at NO ADDITIONAL CHARGE! (All commercial ads will carry borders at regular weekly prices.)

Please place my "ACTION AD" in The Express. Enclosed is \$2.00 for my TWO ads.

Name _____

Address _____

Postal Code _____

AD TO READ:

Be sure to put your name or telephone number in your ad also.
Maximum words, 15.

Please place my FREE "ACTION AD" in The Express. Tear out both coupons and send to The Express, RR 2, Minden, KOM 2K0

FREE AD TO READ:

Be sure to put your name or telephone number in your ad also.
Maximum words, 15.

It's still Maple Syrup, but how they get it is changing

by cliff burke



MINDEN — I went expecting maple trees with taps and buckets. Instead I found miles of vinyl tubing and a vacuum pump.

Friday, with some space to fill and the spring air stirring my bones, my editor's mind turned to maple syrup, time for that dull old reliable, I thought. Who can I saddle with it? Why myself, of course, being the sole reporter of this weekly newspaper.

So I went to the Iron Kettle owned and operated by Wally Crofts and situated east of Ingoldsby, with by mind full of (yawn) pictures of maple trees picturesquely tapped while everyone stood around and waited for the sap to run.

I was, it turned out, in for a surprise. The maple trees are automising. Seems that instead of tapping each tree with little wooden spigots they have extended these miles and miles of vinyl tubing, all running downhill to this maple shack (a rather large shack). They've even installed this vacuum pump so that, whether the sap's running or not, as long as the tree is letting go, it comes to the shack.

Takes all the work out of it.

Well, hardly.

"When the fire is going full tilt, boiling down the sap" Wally Croft explain, "you can be kept going almost constantly stoking it. It can burn a wheelbarrow full of wood every 15 minutes."

Croft's operation is one of the most modern in the area, covering almost 165 acres, and over 26 miles of heavy and light tubing.

The big advantage of the vacuum system is that it removes the chanciness of the operation. "About 70 percent of the chance is gone. It improves the yield on a five year average from 30 to 50 percent.

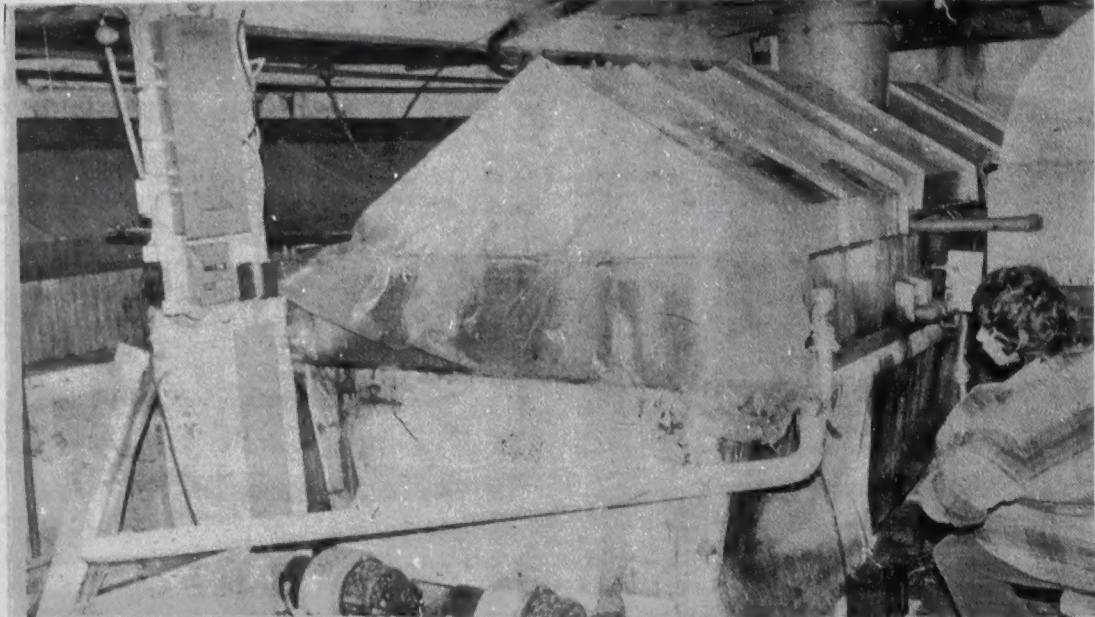
So, how's the maple syrup reacting to these new fangled innovations? Well, taste and smell for yourself. The Iron Kettle Maple Products Farm sugar shack is about seven miles from Minden on the Ingoldsby Road. You can see a syrup maker in operation and purchase some of products that Indians used to tap with tomahawks and birch bark containers.

It's still good old maple syrup, and it's a very interesting outing.



**help
your
Heart Fund**

help your
heart



**BUSINESS
DIRECTORY**

McGuire Tire Sales Ltd.
HALIBURTON

Complete Line of TRUCK
TIRES, PASSENGER
TIRES & OFF ROAD.

For reliable service call,
457-1258

FAST LUBE, OIL CHANGES & FILTERS!!

• CARPETS •
PROFESSIONALLY INSTALLED
FREE ESTIMATES

DOUG JOHNSON
Scotchewan Lake RR 2, Minden
Telephone 489-2163

**Minden Marine,
Automotive & Shell**

286-1011

MODERN ELECTRIC
Wm. Payne & Son Ltd

BILL AND
WARREN PAYNE

Telephone: 286-1280

BEST TRAFFIC
DIRECTING I'VE
EVER SEEN.

I HAVEN'T
STARTED YET.
I WAS JUST
FIXING MY
HAIR.

CLASSIFIED ACTION ADS

FOR SALE

FOR SALE

FOR SALE

Help Wanted

WANTED

SERVICES

CARPET & UPHOLSTERY CLEANING
by DURACLEAN Services absorption process. Wool and velvets are our specialty!
Telephone: 286-2883 for a FREE estimate.

1970 Ford VAN, custom paint job, CB, 8 track, P.A. good running cond., \$700.00 call 286-2785. (13)

GE Floor Polisher, \$15.00, phone 457-1409. (13)

Man's leisure SUIT, size 42, 2 pair pants, \$25; one sports jacket, size 44, \$20; Brown Cords, size 36, \$3; call 286-2434. (13)

1966 Mercury econoline van for sale. In running order, \$200 as is. Call 286-2883. (14)

CLASSROOM PORTABLE—24x36, thermopane windows flourescent lights, oil furnace and all duct work, can be dismantled easily, \$4000. For appointment re: inspection, call 489-2036 after 6 pm. (15)

CARPET REMNANTS 50% OFF retail price. All colors and sizes up to 9x12. Attractively priced rolls in stock too!

CORDELL INTERIORS
Main St., Haliburton
Telephone: 457-2022
too! (15-2c)

1978—17 ft. Jayco trailer, sleeps 6, furnace, oven, toilet, frig and TV antennae, like new, bargain, call 457-1605. (15)

THE PAPER TRUCK
mobile wall coverings show-room. Phone 286-2255
See the best wallcoverings in your own home.
— CALL NOW —

NEED
a NEW VACUUM or RUG SHAMPOOER? Call
Bev Forbes
ELECTROLUX DEALER
Sales, Service, Reconditioned machines.
Full or part time positions available. Call 286-2014 — if no answer please call after 4 pm. (14)

1972 VEGA, rebuilt motor & transmission, body needs some work, best offer. Call 489-2115. (14)

Rollaway COT 30"— \$30.00 call 457-1409. (13)

3 piece matched bedroom suite, double dresser with 6 drawers and mirror. Chest with 4 drawers. Bed with bookcase headboard. Mattress and box spring not included. Price \$100. Will deliver. Call 705-766-2613. (13)

FOR RENT
FOR RENT ... STANHOPE Fire Fighter's Community Centre is available for all occasions: banquets parties, weddings, etc Large dance area, modern kitchen, air conditioned. For information call 489-2328 or 489-2004. (15)

Most beef in the meat market is on the customer's side of the counter.

Earn extra money with Holly Hill. Free Kit. We train. No deliveries. Car is required. Call: Wanda 454-8201. (13)

ANNIVERSARY
Frank and Audrey McIntyre are celebrating their 65th wedding anniversary Tuesday, April 22nd in the basement of Haliburton United Church from 2-4:30 pm and 7-9 pm. Best wishes only. (15)

The difference between a boutique and an ordinary shop is about \$25 per price tag on the high side.

The kid next door plays the piano by ear — wish he'd use his hands.

WANTED — Tandem disk harrows, 3 pt. hitch, call 489-2519 after 7 pm. (13)

GET PROFESSIONAL
carpet cleaning results
(AT DO-IT-YOURSELF PRICES)

RENT OUR RINSEVAC—the portable easy-to-use carpet cleaning machine that gently:
• rinses carpet fibers w/ hot water and cleaning solution
• loosens and lifts dirt, grime and residues to the carpet surface where they are immediately vacuumed up
• leaves your carpets CLEAN and FRESH!

RINSE VAC
CLEANS CARPETS
CLEANER
KEEPS THEM CLEANER LONGER
Rent for only \$12 a day

Hillside Pro Hardware
Minden 286-1171

SEPTIC TANK PUMPING
ALL TYPES
Holding Tank Contracts
— 24 Hour Service —
JOE RIVERS
286-2057
R.R. 2, Minden

LES SCHELL PUMPING
SEPTIC & HOLDING TANKS,
Well cleaning, 2000 gallon capacity, quick quiet efficient service. (17fn)
CALL ANYTIME, 457-1152

RAY'S
DISC JOCKEY SERVICE
Music for all occasions — Weddings, Anniversaries, Banquets and Private Parties. All types of music. For more information call Ray Woodward, 754-2040. (12)

PROFESSIONAL CARPET CLEANING
by Cordell Interiors.
Deep Stream Extraction. Free estimates, phone 457-2022. (15-2c)

We never make mistakes. The little rascals are self-perpetuating

INSULATION
blown in walls & attics
Gov't. C.H.I.P. Plan available.
ALCAN ALUMINUM
SOFFITS-SIDING FASCIA
SPANISH & TUDOR STUCCO
REAL STONE FACINGS
(NO LEDGE REQUIRED)
DRY WALL TAPING

Galaxy Construction
BOX 903, HALIBURTON

447-2191

ALL WORK GUARANTEED
IDEAS & ESTIMATES
FREE

Save your Life!

Give... THE HEART FUND

Our Ancestors

"I can't get over it! Old Mother Goose writes one great book and now she's a has-been!"

No, Gwendolyn, a landing strip isn't what a burlesque dancer does when she gets off a plane.

Suburbia

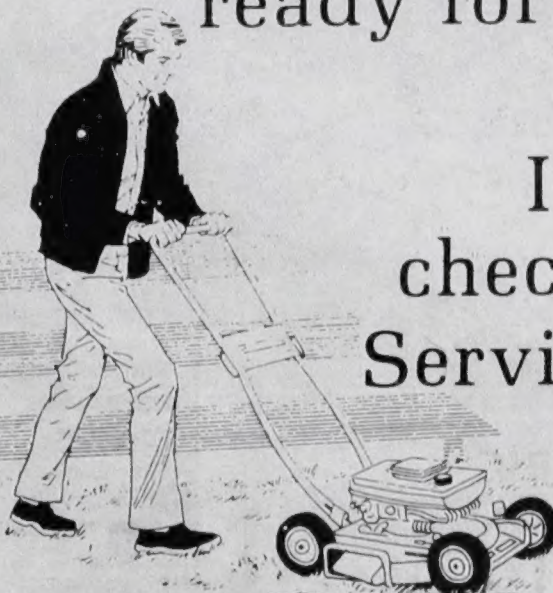


"The teacher said Billy can't spell, but he can swear with the best of them."

Tuesday Combines

High Triples:	
I. Coltman	219,176,293,688
H. Baker	253,204,228,685
P. Foster	247,236,189,672
L. Gorgeatt	293,188,164,645
B Medcalf, Sr.	172,282,190,644
A. Beatty	222,210,185,617
High Singles:	
Annie Jones	248
Wayne Coltman	234,211
Gail Medcalf	231
Bill Green	227
Don Boland	224
Freida Coltman	222
Georgina Boland	218
Don Cumming	217
Bruce Medcalf, Jr.	209,207
Anne Baker	206
Mabel Medcalf	203

Is your lawnmower ready for Spring?



If not, check out the Service Special at

Minden Marine
Highway 35 & 35B 286-1011

Crossword

ACROSS feature (pl.)

DOWN

Answer to Puzzle

1 Grotto
5 Guinea pig
9 Labor group
12 Spoken exam
13 Buckeye State
14 By birth
15 Use a phone
16 Conduct steering (naut.)
17 Decimai unit
18 Cheer
19 Shy
20 Heals as bone
22 College athletic group
24 Recent (prefix)
25 Old
27 Slaughter
31 American patriot
32 Police (colloq.)
33 Zero
34 New England cape
35 Soft drink
36 Plant part
37 Life jacket (2 wds.)
39 Discovers
40 Noun suffix
41 Brazilian parrot
42 Facade
45 Away (prefix)
46 At the back
49 Invite
50 Ancient Peruvian
52 Boat's company
53 New Deal project (abbr.)
54 Brandy type
55 Nile queen, for short
56 Peep
57 Smallsword
58 Mountain

1 Tropical palm
2 Russian lake
3 February 14 greeting
4 Addition to a house
5 Hot chocolate
6 Nautical cry
7 Wine (Fr.)
8 Empire State city
9 Against
10 Length measure (pl.)
11 Camera glass
19 Ill-bred person
21 Negative prefix
23 On same side
24 California city
25 Lather
26 Volcano in Italy
27 Small horse
28 By and by
29 Bind up
30 Kind of tree (pl.)
32 Price
35 Coin of France
36 Spy group (abbr.)
38 Skin tumor
39 To and
41 Speedily
42 Lipids
43 Invitation response (abbr.)
44 Approve
45 Farm measure
46 Folksinger Guthrie
47 Touch
48 Numbers
51 Short sleep
52 300, Roman

Red & White NORLAND

Corner Hwy. 35
& Hwy. 503



Inflation Fighting Specials

STORE HOURS:

Mon. to Wed. 9 am to 6 pm
Thurs. to Sunday 9 am to 9 pm.

family pak, rib and tenderloin end pork chops 7 to a pkg. 1.18 lb.	tropical bananas .33 lb.	Lipton - chicken soup mix Souper Noodle 40 g pkg. .19	macaroni & cheese Kraft dinner 225 g pkg. .29	Stokely kidney beans or with pork Van Camp beans 14 fl. oz. tin .39
Schneiders sausage tray english lb. 1.38	Budget POTATOES 10 lb. bag .69	plain or salted tops McCrackers 400 g pkg. .69	assorted Hawaiian Punch crystals pkg. of 3 .69	Imperial quarters margarine 3 lb. pkg. 2.25
Maple Leaf cryovac sweet pickled cottage rolls lb. 1.38	Ont. CARROTS 2 lb. bag .29	sweet or unsweetened Allen's orange juice or unsweetened grapefruit juice 48 fl. oz. tin .89	fancy Green Giant Niblets kernel corn or cream corn 19 fl. oz. tin .59	CHUM dog food 14.5 oz. tin 4.99
cut from Canada grade 'A' beef prime rib roast lb. 2.58	Green ONIONS 4 Bunch .99	ready cut macaroni or Catelli spaghetti 500 g pkg. .65	strawberry or chocolate Milkmate 20 fl. oz. cont. 1.49	Purina - assorted Cat Chow or cat dinners 1 kg pkg. 1.09
Schneiders regular, all beef or thin sliced bologna 500 g pkg. 1.88				
Schneiders 5 varieties meat pies 8 oz. pkg. .98				
cut from Canada grade 'A' beef rib steaks cap off lb. 2.78				
SWIFTS SLICED Layer Bacon 375 g size 1.28				
Schneiders family pak beef patties 1 kilo pkg. 4.18				
fresh sliced pork liver lb. .48				
Schneiders cooked ham 175 g pkg. 1.38				
fabric softener liquid Fleecy 128 fl. oz. cont. 1.99				
cartridge Schick II twin blades pkg. of 5 .99				
laundry detergent Arctic Power 6 litre box 3.19				
antiseptic mouthwash Listerine 250 mL cont. .99				
Royale 3 ply facial tissue pkg. of 100 .69	royale 3 ply facial tissue pkg. of 100 .69	frozen Carnation hash browns 2 lb. pkg. .49	Johnson and Johnson J-Cloth towels pkg. of 10 1.09	
jumbo food wrap Saran Wrap 30 m roll .99	Royale bathroom tissue 4 roll pkg. 1.29	fancy frozen McCain's peas or mixed vegetables 2 lb. pkg. .89		
laundry detergent Arctic Power 6 litre box 3.19	laundry detergent Arctic Power 6 litre box 3.19	frozen Bluewater crunchy fish portions 12 oz. pk. 1.89	Playtex - small, medium or large Handsaver gloves 1 pair .99 Bon Ami window cleaner 15 oz. aero tin .99 deodorizing disinfecting Lysol spray 175 g cont. 1.19 floor polish Mop & Glo 16 fl. oz. cont. 1.29 PLEDGE furniture polish 340 gram 1 mL cont. 2.59 all purpose cleaner Spic & Span 2 litre box 3.19 liquid all purpose cleaner Pinesol 800 mL cont. 1.89	
antiseptic mouthwash Listerine 250 mL cont. .99	antiseptic mouthwash Listerine 250 mL cont. .99	antiseptic mouthwash Listerine 250 mL cont. .99	50% OFF ANY PURCHASE! OF CHILDREN'S OR ADULTS WINTER BOOTS, WINTER COATS, SNOWMOBILE OR SKI SUITS, TOUQUES, SCARVES, MITTS OR GLOVES. (all sales final)	

Men's Doe Skin-Shirts selling elsewhere 12.99 7.99	Men's Fnl. Sport Shirt Long Sleeve, selling for 14.99 ea. 2 shirts for 14.99	2-6x Children's Cords LINED, elsewhere 8.99 pr. 2 pairs for 8.99	Ladies Knit Cardigan selling elsewhere 27.99 each 2 for 29.99
--	--	--	---